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MEMORANDUM FOR: Chief, Logistics Services Division, OL  
SUBJECT : "Health Exercise" Facility, Ames Building  
REFERENCE : Memo dtd 11 Sept 72 to C/RECD/OL fm C/LSD/OL, same subject

1. Per your requests as outlined in the referenced memorandum, we are hereby submitting a conceptual sketch (Attachment 1), project work outline (Attachment 2) and cost project<sup>P</sup>(Attachment 3) for a proposed gymnasium and shower/locker room facility to be located on the "cellar" level of the Ames Building.

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2. Copies of Attachments 1 and 2 have been sent to the Ames Building Engineer, [redacted] for his review, comments and possible cost estimate.

3. With regard to the conceptual sketch submitted by this office, the following points should be made clear:

a. Review of Ames Building working drawings by FEB/RECD and HEB/RECD engineers and architects indicates that the location of a shower facility in the area noted on the sketch should pose no major problems. It must be kept in mind that the shower facility is located on the cellar level directly above the main building waste line (8-inch diameter) which runs to a sewer connection on Fort Myer Drive. The existing fall from finished slab elevation to main waste line elevation should be adequate to handle the projected usage. However, until the exact location and elevation of this waste line is determined by breaking into the slab, a positive determination as to the feasibility of the attached concepts cannot be made.

b. Certain exercise activities would have to be omitted from any gymnasium plan for the Ames Building due to ceiling height restrictions. These activities might include weight lifting, chinning, rope climbing, etc.

c. The auxiliary chiller located on the cellar level does have adequate year-round chilled water reserve capacity to handle cooling loads in the proposed area.

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d. The GSA Guard Force locker room should be relocated to the far end of the cellar level as indicated on the sketch. Ideally, if this element could be relocated back to the space previously occupied on the third floor of Ames Building, additional storage space for BSB could be created in the area presently earmarked for the Guard Force. If the Guard Force need be kept on the cellar level, efforts should be taken to extend the air conditioning capability to include the Guard Force area.

4. Please feel free to contact the Building Planning Staff Architect, Mr. [REDACTED] for any information concerning this project.

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Acting Chief  
Real Estate and Construction Division, OL

Atts: 3

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OL/RECD/BPS [REDACTED]  
(26 September 1972)

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